



# ***Vulcan Invitational INDOOR TRACK & FIELD MEET***



**February 10-11, 2012**

## **Meet Information**

### **Entries:**

**For visiting teams, the following guidelines will be followed:**

#### **Weight Throw:**

- Two entries per school per gender guaranteed with a field limit of 45
- More entries per school per gender at the Meet Director's discretion.

#### **Shot Put:**

- Two entries per school per gender guaranteed with a field limit of 45.
- More entries per school per gender at the Meet Director's discretion.

#### **Long Jump, Triple Jump, Pole Vault, High Jump:**

- Two athletes per school per gender with a field limit of 45.
- More athletes per event per gender at the Meet Director's discretion.

#### **All Running Events:**

- Three athletes per school per gender.
- Relays: Limit 2 entries per team (2 for men, 2 for women)

#### **Unattached Entries:**

- Please Contact: Kenneth Cox at [kcox@bsc.edu](mailto:kcox@bsc.edu) or (205) 226-7780

#### **NCAA Rule: Section 1. Misconduct**

- Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up that discredits the event or intercollegiate athletics.

**Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.**

#### **Minimum measurements:**

- The Meet Director reserves the right to initiate the use of minimum measurements in the throwing and/or horizontal jumping events if the field sizes deem it necessary.

#### **Seeding:**

- All running events are timed finals. Heats will be seeded. Marks will be checked on TFRS. Except for the 60m, 60m Hurdles. There will be a consolation and championship section of each 60m and 60m Hurdle final.
- In the LJ, TJ, SP & WT, the top nine collegiate qualifiers will proceed to the finals. Plus any post collegiate athletes, with the total in each final not to exceed twelve.

#### **Lanes:**

- For the 60m Dash and 60m Hurdles, lanes 1-8 will be used.
- For the 200m Dash, lanes 2-6 will be used. Preferred lanes are: 5-6-4-3-2
- For the 400m Dash, lanes 1-6 will be used. Preferred lanes are: 5-6-4-3-2-1.

#### **Team Scoring:**

- None

**Entry Procedures:**

- Online only at [www.cfpitiming.com](http://www.cfpitiming.com) or DirectAthletics. The entry link will be emailed to each team.
- Make sure to print out a hard copy of your records after you have declared.
- You may begin processing entries on January 17, 2012. **All ENTRIES ARE FINAL ONCE THE DEADLINE IS PAST DEADLINE for entries is February 5th, 2012 at noon. Absolutely no late entries will be accepted.**
- A revised schedule will be emailed to all teams once entries are received.

**Entry Fees:**

- \$500 per gender (\$1000 for a Men's and Women's team combined) or \$30 per individual and/or relay
- Combined team entry fee not to exceed \$1000 for dual gender programs.
- Please make checks payable to *Birmingham-Southern College*.

**Packet Pickup:**

- Available from 2pm-8pm Friday Feb. 10, or 8am-10am Sat. Feb. 11 at packet pickup window at entrance of Crossplex

**Check-in:**

- **Track Athletes** - Check in 1 hour prior to your event, entrance to warm-up area 30min prior to your event. You will not be allowed to warm-up in the warm-up area before the 30min mark prior to your event. Warm-up area is for sprinting, hurdling, starts, accelerations prior to your event, not for general warm-up (jogging or drills). No exceptions. Pick up hip numbers at check in. You will be required to have spike check prior to checking in. Spike Check #1 will be on the South side of bleachers outside of the warm-up area, a zip tie will be attached to your spikes at this time. Spike Check #2 will be at Check in. Spike Check #3 will be upon entrance to the warm-up area.
- **Field event athletes** - report to the head event official 45 minutes prior to your event.

**Implement Certification:**

- All implements in both the Weight Throw and Shot Put will be checked-in by the Weights and Measures Certifying Official during the final call for each event.
- Please do not bring implements to the Inspection table before check-in.
- Coaches and athletes may use the infield equipment to "self-inspect" their implements prior to the first check-in of the day.

**Shower Facilities:**

- Available in locker rooms in warm-up area. Contact Chad Balentine @ 205-226-7742 by Wednesday at 5:00pm for shower needs.

**Facility Restrictions:**

- The use of 1/4" pyramid spikes will be strictly enforced.
- No marking chalk will be allowed on track or runways.
- No hard shell 20# or 35# weights allowed.

**Pre-Meet Warm-Up:**

- For competitors who compete on Saturday only, the warm-up track will be open for pre-meet warm-up on Friday, February 10, 2012 from 3:00-5:00. Once the day's events are over on Friday, the warm-up track will be closed.

**Training Room:**

- **Leah Wise** at (412) 719-9036, [lwise@bsc.edu](mailto:lwise@bsc.edu) for any needs.

**Team Parking:**

- All team vans and buses park on the Southeast side of the Crossplex opposite the main entrance. Drop off of athletes will be allowed at the main entrance of the Crossplex

**Results:**

- Results will be available online live at [www.bsports.net](http://www.bsports.net) and in the **PRESS AREA** as soon as possible after the meet is completed. The press area is on the East side of the arena at the top of the stands.
- Results will be posted during the meet in the track arena. A formal copy of the results will be made available on our website at [www.bsports.net](http://www.bsports.net) and [www.cfpitiming.com](http://www.cfpitiming.com)

**Coaching boxes:**

- Coaching boxes will be clearly marked around the perimeter of the track for the field events.
- No athletes are allowed on the infield except those athletes competing in an event that is in progress.
- Coaches for the pole vault events will be allowed on the infield during warm-ups. Once the event begins, all coaches will be asked to exit the infield.
- **Please be respectful of these requests in order to keep the infield a safe area for all competing athletes.**

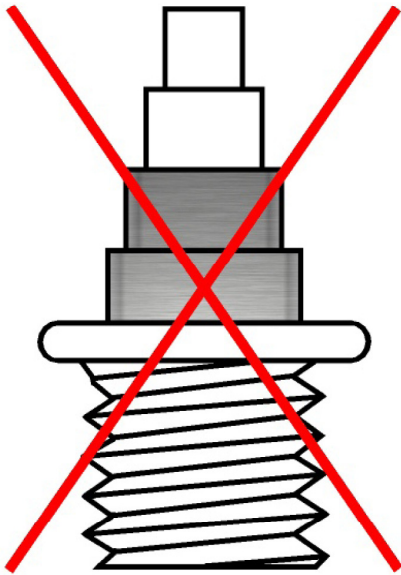
**Awards:**

- None

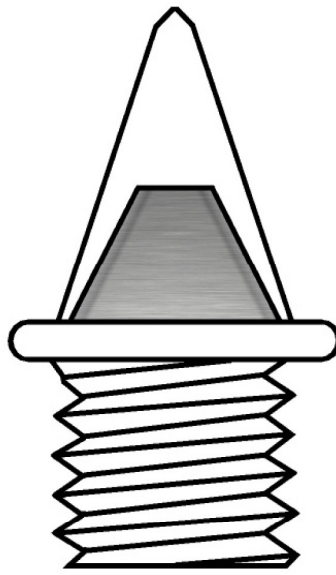
**Pole Vault:**

- Pole vault poles can be shipped to the Crossplex 2331 Bessemer Rd, Birmingham, AL 35208

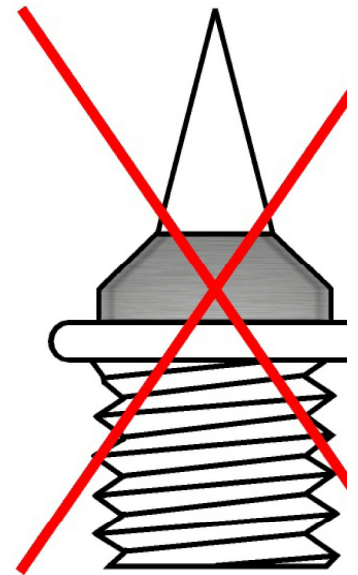
**Other Areas:** Absolutely no venturing into the Natatorium/pool area of the building at any time. Meet operations area is off limits to coaches and athletes at all times.



**NO**  
**Christmas**  
**Tree Spike**  
**Pins**



**1/4"**  
**Pyramid**



**NO**  
**Needle**  
**Spike**  
**Pins**

***\*\*Schedule subject to change based on final entries\*\****

***Friday February 10***

Field Events

- 4:00 Women's Shot Put (contested on East throwing circle)
- 5:00 Women's Long Jump
- 6:00 Men's Shot Put (contested on East throwing circle)
- 5:30 Men's Pole Vault
- 7:30 Men's Long Jump
- 8:00 Women's High Jump

Running Events

- 4:00 Women's Mile
- 4:40 Men's Mile (heats to be determined by entries)
- 5:40 Women's 60m Dash-Prelims-Top 16 to finals
- 6:00 Men's 60m Dash-Prelims-Top 16 to finals
- 6:30 Women's 60m Hurdle-Prelims-Top 16 to finals
- 7:00 Men's 60m Hurdle-Prelims-Top 16 to finals
- 7:40 Women's Distance Medley Relay
- 8:05 Men's Distance Medley Relay
- 8:45 Women's 5000m Run
- 9:20 Men's 5000m Run



## ***Saturday February 11***

### Field Events

- 9:00 Women's Weight Throw (contested in Bill Harris Arena)  
Men's Weight Throw (contested in Bill Harris Arena)
- 10:00 Men's High Jump
- 12:00 Women's Triple Jump
- 1:00 Women's Pole Vault
- 2:30 Men's Triple Jump

### Running Events

- 12:00 Women's 400m
- 12:30 Men's 400m
- 1:15 Women's 60m-Final (Championship and Consolation)
- 1:30 Men's 60m-Final (Championship and Consolation)
- 1:45 Women's 60m Hurdle-Final (Championship and Consolation)
- 2:00 Men's 60m Hurdle-Final (Championship and Consolation)
- 2:30 Women's 800m Run
- 3:00 Men's 800m Run
- 3:30 Women's 200m Dash
- 4:10 Men's 200m Dash
- 4:50 Women's 3000m
- 5:30 Men's 3000m
- 6:10 Women's 4x400m Relay
- 7:00 Men's 4x400m Relay

